The Sandwich Generation: Balancing Your Personal Life with the Needs of Your Older Parents

Overview/Description
Most of us reach a point in life when parents or elderly relatives begin to require more attention and time, and sometimes, our financial support as well. Caring for an older person can be complicated and few of us are trained for the many aspects of that care. Providing care for an elder is a very personal matter. No two situations are the same and there are no simple solutions. You can, though, benefit from following some practical suggestions.

Balancing work, family and care-giving responsibilities can present some challenges. This workshop provides an overview of information to help the participant cope with their personal life while dealing with their elder's needs.

Target Audience
Anyone involved in caring for elderly family members

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

Identify the challenges people in the sandwich generation face
  › Describe work-life balance challenges
  › Describe emotional issues

Identify ways to cope with the stress of the sandwich generation
  › List ways to find time for yourself
  › Describe the importance of taking care of your health
  › Describe ways to make sure your life is well-organized

Identify ways to ask for help
  › Determine who else can be involved in care
  › Describe how to create a task list for elder care
  › List outside resources that can help